

The Marital Drift Assessment

The intense emotions that characterized your early days of love can return more frequently when you work at creating intimacy. Take this quiz to gauge your emotional closeness.

In the last month, have you and your spouse:

1. Kissed passionately without making love?
2. Gone out on a date without friends or the kids?
3. Held hands?
4. Talked at length about something other than the kids, money, schedules, household needs or conflicts?
5. Done something special for each other?
6. Shared a spiritual-growth experience?
7. Prayed together (other than at mealtime)?

In the last six months, have you and your spouse:

1. Gone for a long walk?
2. Laughed together until your sides hurt?
3. Discussed your marital strengths and weaknesses?
4. Written a love note to each other?
5. Varied your love-making?

In the last year, have you and your spouse:

1. Gotten away for at least three nights without kids?
2. Shared hopes and fears concerning your marriage and family over the next one year? Five years? Ten years?
3. Verbally renewed your commitment to each other to honor, love, cherish and remain faithful until death?

Your Drift Score:

If you answered *yes* to 12 or more of these, you probably feel emotionally connected and “in love.” Crank it up to 15 and you’ll feel closer still.

If you answered *yes* to between five and eleven of the questions, you may have begun settling for an “average” marriage. Start making changes today.

If you answered *yes* to fewer than five questions, your marriage is in serious drift mode. Both of you should invest heart and soul into reconnecting. Start practicing the things on this list. The rewards are worth your efforts.